# MATERNAL MENTAL HEALTH: WHAT FAMILIES NEED TO KNOW

# ANXIETY: PART 2

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### ANXIETY

- American College of Obstetrics anxiety screening prenatally
- 20% of Perinatal Mood & Anxiety Disorders are anxiety
- 60% of moms with depression also have anxiety

### American College of Obstetrics & Gynocology recommends at least I



## **POST TRAUMATIC STRESS DISORDER (PTSD)**

Overly used term to define a stressful event

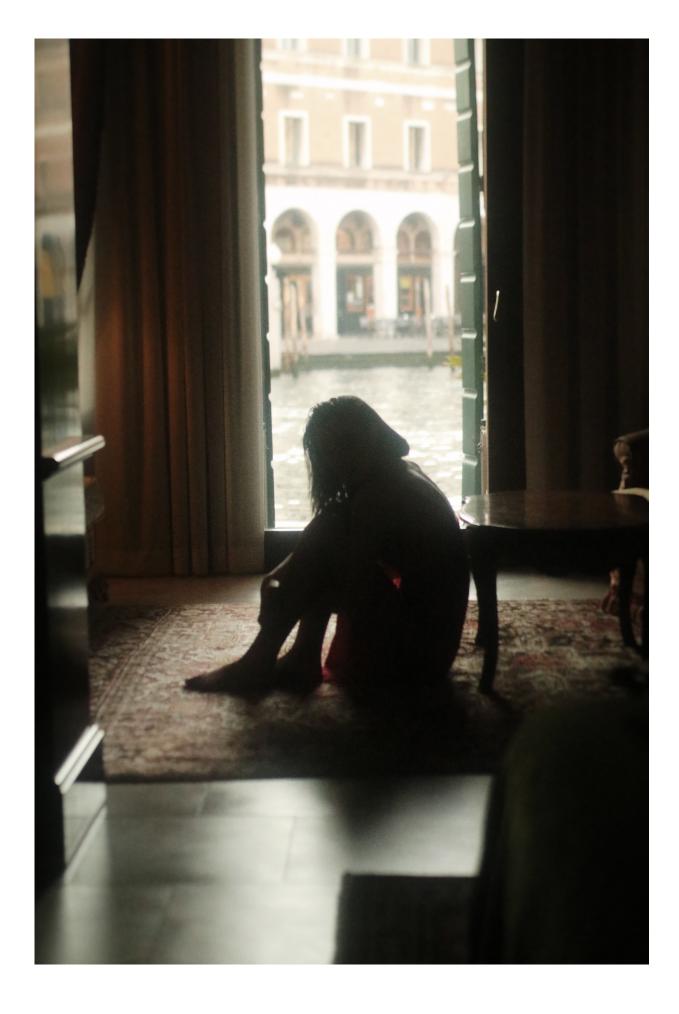
### Est. 9% of birthers

Feeling powerless in birth experience = higher risk



- Exposure to actual or threatened death, serious injury or sexual violence
  - direct experience
  - direct witnessing
  - Iearning that a close family member/friend's experience
  - extreme, repeated exposure

- 2 or more after the event (I month):
  - irritable/angry outbursts
  - reckless/self-destructive
  - hyper vigilant
  - exaggerated startle
  - difficulty concentrating
  - sleep disturbances

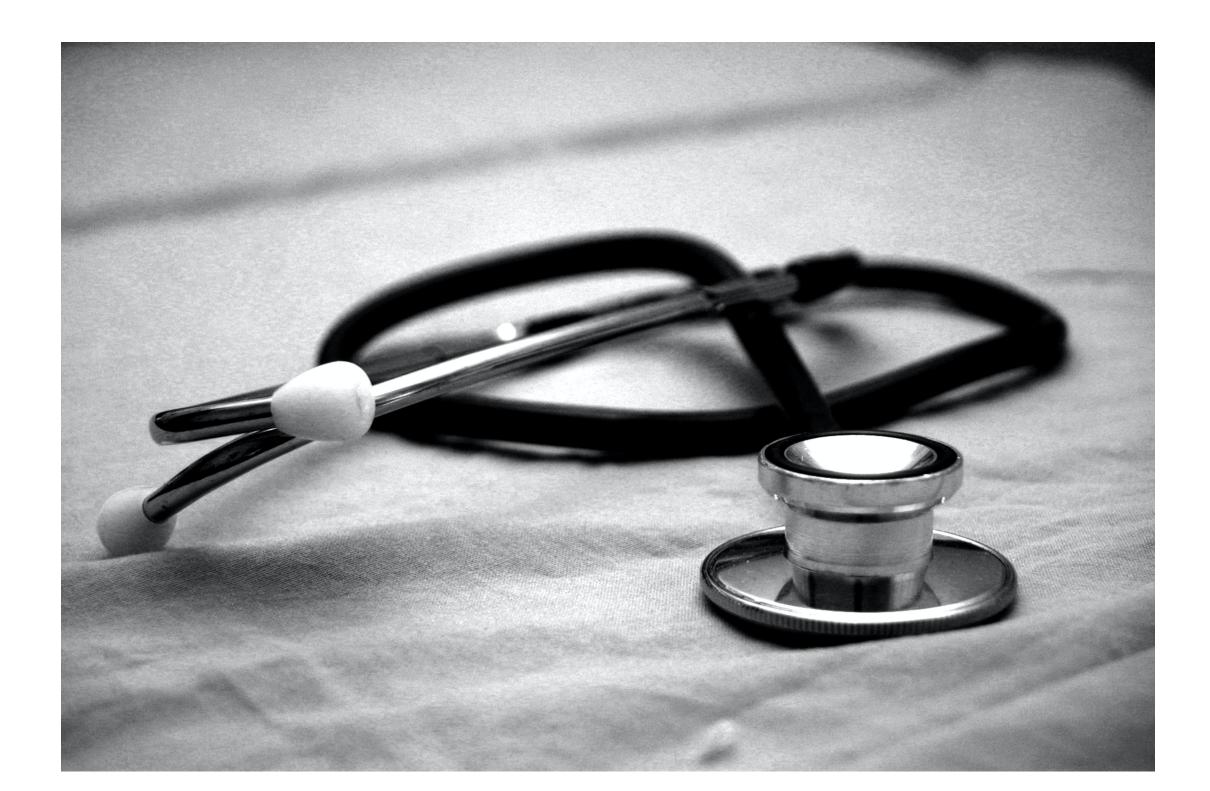


- > 2 or more:
  - unable to remember details of the event
  - persistent & exaggerated beliefs
  - persistent, distorted thoughts
  - persistent negative state
  - Iack of interest/participation in activities
  - feeling detached

- l or more:
  - recurrent, intrusive memories
  - dreams/nightmares
  - flashbacks
  - intense distress at symbols of event
  - physiological reactions

Persistent avoidance of stimuli

- > avoiding memories of event
- avoiding people/places associated with event



# **POSTPARTUM PSYCHOSIS**

- Very rare (0.1-0.2%)
- Usually sudden/in the 1st 2 weeks postpartum
- Most significant risk factor
  - episode
- ► 5% suicide rate
- ► 4% infanticide rate



### personal/family history of bipolar disorder or previous psychotic

## PSYCHOSIS

- delusions/strange thoughts
- hallucinations
- decreased sleep need/unable to sleep
- paranoid/suspicious
- hyperactive

### irritable

### rapid mood swings

### difficulty communicating

## **PSYCHOSIS**

- Delusions aren't always violent
- "Break" from reality
  - delusions now seem real
  - being "told to act"
  - often religious
  - Seek help ASAP

### Resources for help

- postpartum.net
- womensmentalhealth.org
- mmhla.org
- I-800-PPD-MOMS
- I-833-9-HELP4MOMS
- 9-8-8
- "MyBlue" Pregnancy portal page
- "MyBlue" Mental & Behavioral Health
- Programs Enhancing Member Health & Wellbeing



